



Apple Potato Salad

Time: 25 Minutes

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|--------------------------------|----------------------|
| 1 lb. potatoes | 2 Tbl. mayonnaise |
| 1 apple, cut into small pieces | ½ Tbl. cider vinegar |
| 1 stalk celery, finely chopped | ½ Tbl. dijon mustard |
| ¼ cup chopped green onions | ½ Tbl. vegetable oil |
| | Salt |

1) Peel the potatoes and cut into 1-inch chunks. Put them in a medium pot with 2 tsp. salt. Cover with cold water. Bring to a boil over high heat, leaving the pot partially covered.

2) Uncover the pot and reduce heat to a simmer. Cook the potatoes until tender, about 5-7 minutes. Drain, and allow to cool for 15 minutes.

3) In a large bowl use a fork to whisk together the mayonnaise, vinegar, dijon mustard, oil and ¼ teaspoon of salt. Add the potatoes, celery, green onions apples. Stir and serve.

From cookthestory.com



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Chicken Sauteed with Apples

Time: 25 Minutes

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| 4 boneless, skinless chicken breasts | 1 large onion, thinly sliced |
| 1 apple - Cut in half, then ½ inch slices | 1 Tbl. olive oil |
| 1 tsp fresh thyme, or ½ tsp. dried leaves | 1 cup apple juice |
| | 1 garlic clove, minced |
| | ½ tsp. salt |
| | 2 Tbl. dijon mustard |

1) Pound chicken breasts to ¾ inch thickness. For ideas on how to do this, check out thekitchn.com article on *How (and When) To Pound Chicken Breast: The Easiest, Smartest Method*.

2) Heat oil in a large pan or skillet over medium-high heat and saute the chicken until golden, about 3 minutes per side. Add apple slices, apple juice, onion, garlic, thyme, and salt. Cover and simmer 6-8 minutes or until chicken is cooked. Remove the chicken, apple slices, and onion.

3) Bring the sauce to a boil for about 5 minutes or until slightly reduced. Whisk in the mustard. Pour the sauce over the chicken and serve.

From myrecipes.com



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